






# GROUP FITNESS

## SOUTH TAMPA

Week of 04/21/25

\*GF / Group Fitness HZ / HIITZone

	MONDAY, 04/21/25	TUESDAY, 04/22/25	WEDNESDAY, 04/23/25	THURSDAY, 04/24/25	FRIDAY, 04/25/25	SATURDAY, 04/26/25	SUNDAY, 04/27/25
MORNING 	<b>Absolution</b> - HZ* 8:45 - 30m El'Quincy G	<b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 9:00 - 30m Jirina H <b>Top it Off</b> - GF* 9:30 - 30m Jirina H	<b>Absolution</b> - GF* 8:45 - 30m El'Quincy G	<b>Chisel</b> - HZ* 9:00 - 30m Jirina H <b>Ripped Pilates</b> - GF* 9:30 - 45m Jirina H			<b>Ripped Pilates</b> - GF* 10:45 - 45m Dayana D
MID-DAY 							
EVENING 	<b>Top it Off</b> - HZ* 7:00 - 30m Dayana D <b>Belly, Butt, &amp; Thighs Bootcamp</b> - HZ* 7:30 - 30m Dayana D	<b>Ripped Pilates</b> - HZ* 7:00 - 45m Jirina H		<b>Top it Off</b> - GF* 6:00 - 30m Thanecha <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 6:30 - 30m Thanecha			



# CLASS DESCRIPTIONS

# SOUTH TAMPA

Visit [crunch.com](http://crunch.com) for online schedules and club information. This schedule is subject to change

**4055 S Dale Mabry Hwy | 813.284.7777**

Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Sat - Sun: 7:00am - 7:00pm

**Absolution:** The perfect core strengthening solution: concentrated ab-centric exercises paired with deep restorative stretching.}

**Belly, Butt, & Thighs Bootcamp:** Focus on your lower half in this belly-busting, booty shaping, two-part intensive class that features a series of exercise combinations that target, you guessed it - your belly, butt, and thighs.}

**Chisel:** Use weights and calisthenics to sculpt and shape muscles.}

**Ripped Pilates:** Get ripped with this bad\$\$\$ take on mat Pilates. Not your mama's practice, this format activates the core, builds strength and muscular endurance, and powers through a sweat-inducing energizing flow. You will come away unstoppable.}

**Top it Off:** Shape and sculpt every muscle in your upper body in this two-part, heart-pumping workout. Using weights and isometric exercises, you'll work through a series of sweat inducing exercises to tone and chisel your arms, shoulders, chest, and back.}